



TheoCooks

Valentines Menu

“To help get your Valentines dinner into full swing here’s a little Valentines Menu featuring a delicious three course meal that’s perfect to share with your loved one, I hope you enjoy!

***Best wishes,
Theo”***

PS. Remember – you can find a lot more other recipes at www.TheoCooks.com or watch some cooking video’s at www.youtube.com/cookwiththeo

PPS. All recipes serve 2

Valentines Menu

Starter

Stuffed Portobello Mushroom

Main

Gambas Pil Pil Risotto

Dessert

Greek Affagato with Almond Liqueur

Stuffed Portobello Mushroom Recipe



A classic recipe that never fails to impress – you can make this the day before and just pop it in the oven on the night.

Ingredients:

3 large Portobello mushrooms	1 shot brandy	Fresh Parsley chopped
1 small onion finely diced	1 tbl olive oil	Pinch of dried chilli flakes
1 clove garlic finely diced	Seasoning	Tbl grated parmesan
1 cup fresh breadcrumbs	2 sage leaves chopped	

Method:

- 1. Prepare 2 mushrooms; peel outside skin off and discard, remove stalk and reserve**
- 2. Chop up the third mushroom very finely and reserve.**
- 3. Fry the onion in olive oil on a low heat until it starts to turn colour. Add the chopped mushroom and garlic and sweat down for a few minutes.**
- 4. Now add the brandy and let reduce until almost gone, then add the rest of the ingredients (sage, parsley, chilli, seasoning, parmesan and breadcrumbs – reserve a tablespoon of the breadcrumbs for later) and combine fully.**
- 5. Spoon the stuffing mixture on to the two flat peeled mushrooms, cover the top with the remaining breadcrumbs and drizzle a little olive oil over the top.**
- 6. Cook in a pre-heated oven at 190C for 12 minutes (just long enough to crisp up the top).**

Gambas Pil Pil Risotto Recipe



A new recipe to my repertoire, but packed with flavour and one of my favourites! You can make most of this the day before so you only have a quick risotto to make on the night.

Ingredients:

6 large raw tiger prawns (shell and heads on)

2 tsp ground paprika

1.5 pints of water

1/2 cup white wine

140g Arborio rice (about 4 small handfuls)

Extra virgin olive oil

1tsp dried chilli flakes

1 medium fresh red chilli

4 cloves garlic

1 bay leaf

2 tbl chopped fresh parsley

100ml dry sherry

Method:

Some notes;

This seems like a lot of work but in reality you are doing 4 things; peeling some prawns, making a stock, cooking a risotto and frying some prawns at the end.

The good news is you can prepare the prawns and make the stock a day in advance which means in the night itself you've got very little to do!

One other thing; I've recommended three large tiger prawns per person, there is nothing stopping you from having five! But basically, the more prawns you have and ultimately use their shells to make the stock with the richer your risotto will be.

Prepare the Prawns:

- 1. Cut off head and peel away the shell, leaving just the tail on the prawn - reserve the shell and head.**
- 2. Butterfly the prawns by running a sharp knife along the centre of the back of the prawn and removing the intestine vein (sounds worse than it is!).**
- 3. Cover the prepared prawns and keep chilled.**

Prepare Stock:



- 1. In a hot saucepan, add dash of olive oil and fry the prawn shells and heads with a pinch of salt for about 5 minutes or until all the prawns have turned a deep pink.**
- 2. Add a few pinches of paprika then add 1.5 pints of water, bring to the boil and then reduce to a simmer for 15 minutes.**
- 3. If you have a blender, remove the saucepan from the heat and blend the prawn heads and shells then continue simmering to reduce by half (about another 15 minutes). If you don't have a blender use a potato masher to pulp them up a bit. You want about ¾ of a pint left (so have reduced the liquid by half).**
- 4. Once done, pass through a very fine sieve, pushing down on the ground shells to extract as much juice as possible. This is the stock for your risotto, reserve in the fridge until you are ready to make your risotto.**

Risotto (made on the night – served fresh)

- 1. Fry the onions and half the garlic in olive oil until translucent, about 5 minutes on a low heat, then add the Arborio rice and combine.**
- 2. Add the wine to the pan and reduce by half, then add a ladle of the pre-prepared prawn stock to the rice and stir through until absorbed. Continue process until the risotto is just cooked through and is still a little wet (I like quite a relaxed wet risotto - the type you need to put in a bowl, not a plate).**

Note: If you run out of prawn stock continue with fish stock or water. Once the risotto is done, fold in a tablespoon of butter, season and let rest until you have finished cooking the prawns.

Gambas Pili Pili Topping

Before the risotto is finished cooking start making your prawns; in an ideal world, the risotto and prawns will finish cooking at around the same time, but in reality I wouldn't worry about it too much; (worse case you can just add a dash of water and reheat it quickly on the hob for a minute to bring the temperature up).

- 1. Thickly slice the remaining garlic and fry with the dried chilli and fresh chilli in about ¼ cup of extra virgin olive oil until the garlic has started to turn colour.**
- 2. Then add the prawns, stir through and finally add the sherry (be careful it doesn't flame).**
- 3. Once the sherry is reduced by about half and the prawns are pink and cooked all the way through (only about 2-3 minutes). Finish with a tablespoon of butter, hit of lemon juice, seasoning and chopped flat leaf parsley.**

Assemble the seafood risotto!

Simply spoon the risotto into two bowls, place 3 tiger prawns on top of the risotto and drizzle over the juices from the frying pan (not forgetting all the garlic and chillies!).

Greek Affagato with Almond Liqueur



The love child of an Italian Affagato combined with a frozen Greek yoghurt and almond liqueur. The shot of espresso gives just enough of a kick to wake you up!

Ingredients:

250g Greek yogurt (full fat)

3 tbl caster sugar

2 tbl Almond Liqueur (e.g. Disaronno)

1 pinch of salt

Double shot espresso

1tsp sugar

Pinch flaked almonds for garnish

Method:

- 1. Mix together the yoghurt, sugar, salt and liqueur until very well combined (whip together a spoon) until smooth and the sugar is fully dissolved.**
- 2. Place the yoghurt in a airtight container and pop in the freezer, about an hour later just as it is starting to freeze, whip it again with a fork – this helps break down the ice crystals for a smoother frozen yoghurt.**
- 3. Remove the yoghurt from the freezer about 10 minutes before you want to serve to let it soften slightly.**
- 4. Just before you are ready to serve, make a double espresso, add a teaspoon of sugar and serve the yoghurt.**

Tip: Run your spoon or scoop under boiling water to make it much easier to scoop out the yoghurt.

- 5. Spoon the yoghurt into two glasses or bowls, pour over the espresso and sprinkle with flaked almonds and serve.**